

Occupational Health

EMPLOYEE GUIDE

Latus Group is your appointed occupational health provider. Our role is to carry out fair, confidential, and professional medicals and assessments that help ensure individuals are fit for their role and supported where adjustments or advice may be needed. All assessments are conducted by qualified healthcare professionals and handled in line with UK medical standards, data protection legislation, and clinical confidentiality.

SPIROMETRY

Using chemicals or hazardous substances at work, if not managed properly, can be dangerous to an employee's health, so the law requires employers to measure exposure to prevent ill health occurring. Spirometry detects the early indications of lung damage.

As you prepare for your spirometry assessment, here's what you can expect:

- **Pre-test Questionnaire:** You'll be asked about any respiratory symptoms (e.g., coughing, shortness of breath), smoking habits, and exposure to hazardous substances.
- **Lung Function Test (Spirometry):** You will be asked to blow into a spirometer, which measures how well your lungs work by assessing airflow and capacity.
- **Advice:** Based on the results, you will be advised on whether or not a follow-up appointment with a GP or Occupational Health professional is required.

Important Notice: Before we can conduct a spirometry test, we must first check your blood pressure to ensure it is within acceptable levels. This is necessary to safely proceed with the spirometry testing.

We advise individuals to avoid the following before their test, as these factors can affect the lung function results. Please note that while the test will still be conducted, these factors may impact the accuracy of the results.

- Refrain from smoking for at least two hours before the test.
- Do not consume alcohol for at least 4 hours prior to the test.
- Avoid vigorously exercising for at least 30 minutes prior to the appointment.
- Avoid eating a substantial meal for at least 2 hours prior to the appointment.
- Avoid taking any bronchodilator drugs i.e. Salbutamol for 4-6 hours.
- Avoid taking long-acting beta-2-agonist inhalers for 12 hours.
- Avoid taking slow-release medicines that affect respiratory function, and theophylline-based drugs for 24 hours.
- Avoid wearing tight clothing.

To find out more about Latus Group, visit our website www.latusgroup.co.uk